



MOUNTAIN SHEEP NEWSLETTER

TO: Grand Canyon VI Team & Training Partners 2009

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DID YOU MISS ME? I MISSED YOU!

ROADRUNNER TRAILS: All reports to me indicated that this training session went very well and lots of valuable HOF conditioning was gained. Even the high grass and excess water did not deter our gritty hikers. Special thanks to Jeff Gunn, Melissa Clanton, Al Potter, Barb Starke and Thom Janssen. My body was in London getting my daughter set up in her student housing, but my heart was with you on the trails!



DEVIL'S LAKE TEST HIKE: Our next training session will be our first *Test Hike* at Devil's Lake State Park. Complete details are attached but the map with detailed narrative will be handed out later. Please read carefully for this is a very important mandatory *Test Hike* for those wishing to qualify to hike *below the rim*. I appreciate everyone's cooperation in this very special endeavor and I don't think anyone will be disappointed. As a coach, this is one of my favorite times of the year.

CELL PHONES: For safety reasons I have asked Thom to create a wallet size cell phone list of all Grand Canyon and Training Partners. If you don't want on this list please let me know ASAP.

DISTANCE RUNNING CLASS: Just a reminder that my Distance Running Class starts June 1st. This class is my specialty and covers all aspects of training including phase training, speed training, race tactics, strength training, and tapering. For more information go to the SMC web site [<http://www.swmich.edu/camplife/extreme.php>]

STEVE'S RUN: Registration for this premier 10k Road 'n Trail race is now open. You can register on line [<http://www.swmich.edu/fireup/stevesrun/registration.php>] Race flyers will also be in your trip packets. FIRE UP FOR THE TRAILS!

FRIENDLY REMINDER: The next \$280 flex payment is due June 3rd. *Muchas Gracias!*

*"The Devil's Lake Test Hike is one of my favorite experiences as a coach.
The excitement and the little bit of nervous anticipation makes it special.
I applaud everyone for 'putting it on the line' while most Americans are putting their life in a sling."*

Coach Gunn